

Posterior Shoulder Stretch

Muscles Stretched: middle and posterior deltoid

Description

1. Stand straight while maintaining the natural arch in your lower back.
2. With your shoulders down and relaxed, reach one arm across your chest, parallel to the floor.
3. With the other arm, place your hand on the elbow.
4. Gently pull your elbow in toward your chest.
5. Hold the stretch.
6. Relax and repeat on opposite side.



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